

Gather Emergency Supplies

If a disaster strikes your community, you might not have access to food, water, or electricity for some time. You should have emergency kits for your home, office, school, and car. Here are some steps you can take to help your family stay safer and healthier during and after a disaster.

Pack an emergency supply kit. Here's what you'll need:

Food and Water

- Water—one gallon per person, per day
- Food—easy-to-make and won't spoil
- Manual can opener

Electronics

- Flashlight
- Battery powered, solar, or hand crank radio ([NOAA Weather Radio \(http://www.nws.noaa.gov/nwr/\)](http://www.nws.noaa.gov/nwr/), if possible)
- Cell phone with chargers
- Extra batteries

Health and safety supplies

- First aid kit
- Medicine (7-day supply), other medical supplies, and paperwork about any serious or on-going medical condition
- Emergency blanket
- Soap, toothbrush, and other personal care items



Infographic: Are You Prepared

You should also keep:

- Family and emergency contact information
- Multipurpose tool
- Copies of important documents such as insurance cards, immunization records, etc.
- Extra cash
- Map(s) of the area
- Extra set of car keys and house keys

If you have babies, children, pets, or someone with special medical needs in your family, you should add:



- Medical supplies (e.g., hearing aids with extra batteries, glasses, contact lenses, syringes, or a cane)
- Baby supplies (e.g., bottles, formula, baby food, and diapers)
- Games and activities for children
- Pet supplies (see expanded list below)

Keep it fresh and ready to use.

Once you've gathered your supplies, pack the items in easy-to-carry containers. Clearly label the containers, and store them where you can reach them easily. In a disaster situation, you may need to get your emergency supply kit quickly - whether you are sheltering at home or evacuating. Make sure to check expiration dates on food, water, medicine, and batteries throughout the year.

Involve children

Involving children in getting ready is the first step in helping them know what to do in an emergency. There are many ways children can help.

- Ask them to think of items that they would like to include in an emergency supply kit, such as books or games and food that won't spoil.
- Children can help mark the dates on a calendar for checking emergency supplies and remind you to check the supplies. Remember to rotate or replace emergency food, water, medicine, and batteries as necessary.
- Children can also help prepare plans and disaster kits for family pets.



Disaster Supply Checklist for Pets

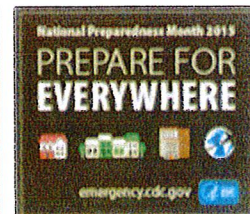
- Food and water for at least 3 days for each pet; bowls or bottles, and a manual can opener.
- Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and/or household bleach.
- Medicines and medical records stored in a waterproof container.
- First aid kit with a pet first aid book.
- Sturdy leash, harness, and carrier to transport pet safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.
- Pet toys and the pet's bed, if you can easily take it, to reduce stress.
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours.
- Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.

More information:

- [Emergency water supply](#)
- [Emergency food supply](#)



(<http://www.ready.gov/>)



(http://www.cdc.gov/phpr/preparedness_month.htm)

File Formats Help:

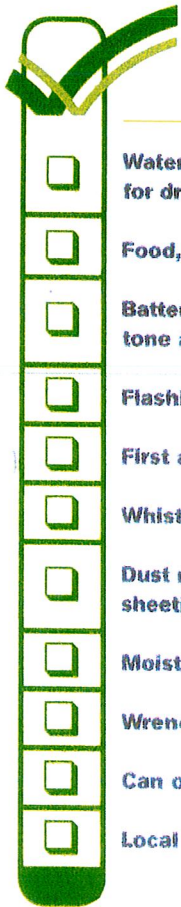
How do I view different file formats (PDF, DOC, PPT, MPEG) on this site?

(<http://www.cdc.gov/Other/plugins/>)

(<http://www.cdc.gov/Other/plugins/#pdf>)

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Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Federal Emergency Management Agency
Washington, DC 20472



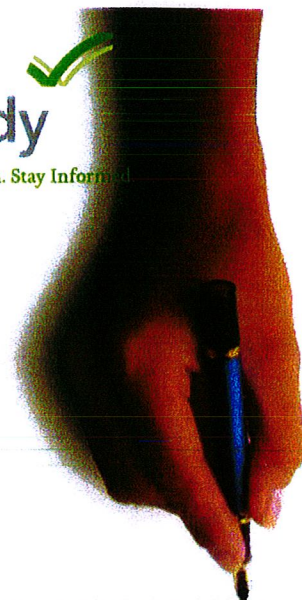
Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.



Emergency Supply List



FEMA

www.ready.gov